

# Anchorage School District Potential School Start Times Changes

Revised 4/02/18



## ASD Explores Student Performance and Wellness

National and university research, hospital studies, and observation on optimized school start times suggest:

- Middle and high schools should start after 8:30 a.m.
- Elementary students rise early and tire by mid-afternoon and could benefit from earlier start

## ASD School Start Time Potential Alternatives

- The proposed change is the exchange of elementary start time for middle and high school
- Elementary students start earlier and middle and high school students start later

	Current	
	Start	Release
High School	7:30 a.m.	2:00 p.m.
Middle School	8:15 a.m.	2:45 p.m.
Elementary School	9:00 a.m.	3:30 p.m.

	Scenario 1	
	Start	Release
High School	9:00 a.m.	3:30 p.m.
Middle School	8:15 a.m.	2:45 p.m.
Elementary School	7:30 a.m.	2:00 p.m.

	Scenario 2	
	Start	Release
High School	9:15 a.m.	3:45 p.m.
Middle School	8:30 a.m.	3:00 p.m.
Elementary School	7:45 a.m.	2:15 p.m.

	Scenario 3	
	Start	Release
High School	8:30 a.m.	3:00 p.m.
Middle School	9:15 a.m.	3:45 p.m.
Elementary School	7:45 a.m.	2:15 p.m.

## Pros and Cons of ASD School Start Time Potential Alternatives

	Pros	Cons
Current	Elementary start is convenient for military PT schedule	Elementary school starts after typical morning start times for parents
	Allows high school students to provide childcare	Mid afternoon release for elementary
	Allows lots of after school time for activities	Not research-compliant
	Consistent with elementary school safety perceptions	
Scenario 1	More research-compliant	Elementary start is not convenient for military PT schedule
	High school students and families advocating for change	Least time for high school activities
	Most advantageous for high school sleep	Risk of middle school "latch key" issues
	No change for middle school	More challenging mid-winter issues for elementary school
Scenario 2	Most research-compliant	Elementary start is not convenient for military PT schedule
	High school students and families advocating for change	Least time for high school activities
	Most advantageous for high school sleep	Risk of middle school "latch key" issues
	No change for middle school	More challenging mid-winter issues for elementary school
	Slightly later than scenario 1	Earlier mid-afternoon release for elementary school
Scenario 3	Most research-compliant	Elementary start is not convenient for military PT schedule
	High school students and families advocating for change	Least time for middle school activities
	Facilitates middle school morning study hall	More challenging mid-winter issues for elementary school
	Potential to address middle school performance	Earlier mid-afternoon release for elementary school
		High school students providing childcare or working

# FAQs

All ASD students, families, staff, and community members are invited to attend one of the informational School Start Times Open House events to learn more details about the potential changes, including outcomes and next steps.

**All Open House events are 6:30–8 p.m.**

**Wednesday, April 11**

Lake Hood Elementary, 3601 W. 40th Ave.

**Thursday, April 12**

Tyson Elementary, 2801 Richmond Ave.

**Friday, April 13**

Service High, 5577 Abbott Rd.

**Monday, April 16\***

Wendler Middle, 2905 Lake Otis Parkway

**Tuesday, April 17**

Romig Middle, 2500 Minnesota Dr.

**Wednesday, April 25**

Bartlett High, 1101 Golden Bear Dr.

**Thursday, April 26**

Eagle River High, 8701 Yosemite Drive, Eagle River

**Friday, April 27\***

Fairview Elementary, 1327 Nelchina St.

\*For this event, translators will be made available in ASD's top 5 languages. Additionally, a sign language interpreter will be available.

**Want to share your feedback?**

Provide your feedback on the potential school start time study at [www.asdk12.org/starttimesopenhouses](http://www.asdk12.org/starttimesopenhouses).

For more information, go to [www.asdk12.org/starttimes](http://www.asdk12.org/starttimes), or call ASD Communications at 742-4158.



**Anchorage School District**  
*Educating All Students for Success in Life*

[www.asdk12.org](http://www.asdk12.org)

**Why are we considering a change?**

- National research on optimized school start times suggest that middle and high school students should not start school until after 8:30 a.m.
- Research suggests elementary students rise early and tire by mid-afternoon—an earlier start could be beneficial
- University research and hospital studies indicate improvements in middle and high school student performance and wellness given later start times
- A significant Rand Corporation study indicates that high school student safety could improve dramatically with later start times

**Later School Start Time Outcomes**

Many U.S. school districts are implementing changes to later secondary start times and earlier elementary starts Better academic outcomes

- Students achieve better academic results and realize other health benefits when they get eight hours or more sleep
- Better attendance rates
- Higher graduation rates
- Reduced tardiness
- Fewer car accidents

**What are some of the student wellness benefits experienced elsewhere?**

Middle and high school students have experienced health benefits including:

- Less depression
- Fewer visits to clinics because of fatigue
- Less caffeine, tobacco, and junk food use
- Fewer car accidents
- Fewer negative behaviors

**What are some of the academic and student performance benefits experienced elsewhere?**

- Later start times result in middle and high school students getting eight hours or more sleep
- Middle and high school students experienced less sleepiness from later starts
- Middle and high school students experienced improved grades and GPAs
- Most elementary school studies found improvements from earlier starts
- Middle and high school test scores improved
- Graduation and attendance rates improved—tardiness is reduced

**Why doesn't the District start all schools at the same time?**

ASD uses a three-tiered school start and end schedule so that we may use buses and drivers for multiple routes. This saves the District millions of dollars and is the typical practice throughout the U.S. Starting all the schools at the same time would require us to purchase dozens of buses and hire additional drivers.

**What is the key feature of the change for the Anchorage School District?**

Exchange of elementary start time for middle and high school

**When would adjusted start times take effect if the Anchorage School Board decides that a change is warranted?**

- Anchorage School Board decision in 2018
- Implementation will begin with the 2019-20 school year